

***Pre-registration required. (Most classes require a minimum of 5 registrants to hold the class)**
TBTG - Tavern by the Green
SOS - Shepherd of the Sea
FFSC - Fleet and Family Support Center

**October/November/December 2002
 Fleet and Family Support Center Programs**

Employment Transition

Connecticut Department of Labor Rep*

Mon and Tues (FFSC 1:00 - 4:00 p.m.)

Register for work, receive resume help and get info on unemployment benefits' application. Applicable to service members and spouses. Walk-ins welcome. **Call 694-4946 for appointment.**

Pre-Separation Brief*

Oct 8, Nov 5, or Dec 3 (FFSC 7:30 a.m. - 4:00 p.m.)

Mandatory Pre-Separation/CARIT Brief covers vital transition information for all separatees. **Career Counselors must pre-register participants by calling 694-3383.** Spouses welcome.

TAP Seminar*

Oct 9 - 11, Nov 6 - 8, or Dec 4 - 6

(FFSC 9:00 a.m. - 4:00 p.m.; Fridays 7:30 a.m. - 12:30 p.m.)
 Department of Labor Veterans Reps discuss job search/employment tactics, educational benefits, etc. Spouses welcome. **Register participants by calling 694-3383.**

Disability Transition Assistance Program (DTAP)*

Oct 11, Nov 8, or Dec 6 (Bldg. 83, Rm. 328 1:00 - 3:00 p.m.)

Dept. of VA provides information on eligibility and guidelines for special services for members with possible disability ratings by military and/or VA. **Register participants by calling 694-3383.**

Mock Interview Class*

Oct 16 (FFSC 8:30 - 11:30 a.m.)

Do's and don'ts of successful interviewing. **Call 694-3383 to register.**

Pre-Fleet Reserve/Retirement Seminar*

Oct 21 - 25 (8:00 a.m. - 4:00 p.m.)

This quarterly seminar meets the needs of Fleet Reserve and retiring personnel. *It satisfies the requirements of the mandatory CARIT Brief.* Focus is on employment and transitional needs. **Bring your original service medical records or organized certified copy of the original for record review to be held Oct 26, 2:00 - 3:00 p.m.** Civilian attire. Spouses invited. **Call 694-3383.**

Resume Class*

Nov 13 (FFSC 8:30 - 11:30 a.m.)

Create a mean and lean ad. Learn about elements and layout of a resume, and discover a quick approach to cover letters. **Call 694-3383 to register.**

Myers-Briggs Type Indicator (MBTI) Workshop*

Dec 11 (FFSC 8:00 - 12:00 p.m.)

Do a self-assessment and learn about your personality type. Learn how Type relates to career development. **Call 694-3383 to register.**

Employment Assistance (resumes, interviews, networking) with Naomi Curry is by appointment only. To schedule an appointment, please call 694-3383.

Relocation

Overseas Transfer Workshop*

Nov 14 (FFSC 9:00 a.m. - 12:30 p.m.)

Plan for an overseas move, gain a better understanding of living in another culture and prepare for a positive experience. **Call 694-3383 to register.**

Smooth Move Workshop*

Oct 17 or Dec 5 (FFSC 9:00 - 11:30 a.m.)

Information on allowances, entitlements, personal property and housing requirements. **Call 694-3383 to register.**

Family

Stepping Stones "A Parent Education Program"

(FFSC 1:00 - 2:30 p.m.)

(Oct 7 or Dec 9) "How Children Develop"

(Oct 21 or Dec 16) "How to Really Change What You Say and Do"

(Oct 28 or Dec 23) "How Your Childhood Affects Your Parenting"

(Nov 4 or Dec 30) "How Parental Anger Affects Children"

(Nov 18) "How Thoughts Influence Feelings and Actions"

(Nov 25) "How to Engage Cooperation"

(Dec 2) "How to Use Alternatives to Punishment"

Call Jerry Weber, 694-2615 for more information.

Systematic Training for Effective Parenting (S.T.E.P.) Workshop*

Oct 8, 15, 22, 29, Nov 12, 13, 14, 15 (FFSC 5:00 - 7:30 p.m.)

Oct 3, 10, 17, 24, Dec 16, 17, 18, 19, 20 (FFSC 11:30 a.m. - 1:00 p.m.)

Do you feel like you are not getting through to your child? This class offers new approaches to everyday concerns that parents have in raising their children. **Call 694-3383 to register.**

Dads Helping Dads*

Oct 1, 8, 15, 22, 29, Nov 5, 12, 19, 26, Dec 3, 10, 17, 24, 31

(FFSC 1:00 - 2:30 p.m.)

An eight-week program that will help you to reenergize your parenting skills and see the difference it makes. **To register, call 694-3383.**

Budgeting for Baby*

Oct 8, Nov 12, or Dec 10 (FFSC 9:30 a.m. - 12:00 p.m.)

A workshop for all expectant parents. Learn about budgeting for baby and receive a certificate redeemable for "baby's first seabag." **Call Navy-Marine Corps Relief Society at 694-3285 to register.**

Active Duty Pre-Natal Group*

Oct 9, 23, Dec 13, 27, Dec 11 (FFSC 11:00 a.m. - 12:30 p.m.)

A group for expectant active duty moms to discuss problems and concerns of pregnancy and active duty. Get support, education, information and referrals. **Call 694-3383 to register.**

Parents/Babies Sharing Time Together*

Oct 3, 17, Nov 7, 21, Dec 5, 19 (FFSC 10:00 - 11:30 a.m.)

Entertain your children while helping them grow. New parents get together to discuss parenting, infant care and family relationships. **Call 694-3383 to register.**

Parenting People*

Oct , 17, 24, 31, Nov 7, 14, (SOS 1:15 - 3:00 p.m.)

Learn parenting styles, child development, positive communication skills, constructive discipline strategies - a good class for new parents. **Call 694-3383 to register.**

Spirited Children*

Oct 3, 10, 17, 24, 31, Nov 7, 14, 21, Dec 5, 12, 19, 26.
(FFSC 1:00 - 2:30 p.m.)

Join the eight-week program, for parents of ADD/AD-HD children, and build new coping skills, expand your support network and learn new parenting strategies. **To register, call 694-3383.**

Home Alone*

Oct 4 (FFSC 5:00 - 7:30 p.m.)

Help your child feel protected and secure. If your children arrive home to an empty house for any reason, they may need to find out some safe at home tips. This course is offered to children 8yrs. - 13yrs. **Call 694-3383 to register.**

Time for Twos*

Oct 9, 16, 23, 30, Nov 6, 13, Dec 4, 11, 18 (SOS 9:00 - 10:30 a.m. or 11:00 a.m. - 12:30 p.m.)

An educational playgroup for children ages 2 years to 40 months. **Call 694-3383 to register.**

Prime Time for Pre-Schoolers*

Oct 11, 18, Nov 1, 8, 15, Dec 6, 13, 20 (SOS 10:00 - 11:30 a.m. or 1:00 - 2:30 p.m.)

Oct 25 (1:00 - 2:30 p.m.)

Parents, take a slice out of your week to spend more time with your 3 - 5 year olds. Programs include story, songs, snack and crafts. **Call 694-3383 to register.**

Nature Center Program*

Oct 22 (2 - 3 years), Oct 25 (3 - 5 years) or Dec 12 (2 - 5 years)
(Denison Pequotsepos Nature Center 10:30 - 11:30 a.m.)

Bring your children to the Denison Pequotsepos Nature Center for a free program about nature. Program includes a nature walk, crafts or game. **Call 694-3383 to register.**

Finance

Consumer Credit Counseling Service of CT (CCCCS)

(FFSC 8:00 a.m. - 4:30 p.m. by appointment only)

Free debt counseling service in the Fleet and Family Support Center.

Appointments, call CCCS at (800) 208-2227. You must specify that you would like on-base service.

Command Financial Specialist Training*

Nov 4 - 8 (FFSC 8:00 a.m. - 4:00 p.m.)

For command-sponsored E-5's or above and ombudsmen. Learn counseling strategies to help your people make major purchases, buy insurance and avoid rip-offs. **Call 694-3383 to register.**

Investment Basics*

Oct 23 (FFSC 9:00 - 11:30 a.m.)

A beginner's introduction to investing. **Call 694-3383 to register.**

Advanced Investments*

Dec 18 (FFSC 9:00 - 11:00 a.m.)

Got the basics? Here's a more detailed overview of investment opportunities. **Call 694-3383 to register.**

Car Buying Seminar*

Oct 16 (FFSC 9:00 - 11:00 a.m.)

Find out how to negotiate the best price, select a dealer and avoid rip offs. **Call 694-3383 to register.**

Home Buying Seminar*

Dec 4 (FFSC 5:30 - 8:30 p.m.)

We'll discuss the VA's no-money-down program, what a lender looks for, qualifying for a loan, and all about the closing costs. **Call 694-3383 to register.**

Life Skills

Pre-Marriage Information Class*

Oct 4, Nov 1, or Dec 6 (FFSC 2:00 - 3:00 p.m.)

Getting married soon? Information provided on ID cards, DEERS, Tricare Active Duty Family Member Medical/Dental Plans, BAH, FFSC programs, financial planning and more. **Call 694-3383 for more information.**

Stress Management*

Oct 8, Nov 12, or Dec 10 (FFSC 2:30 - 4:00 p.m.)

Studies show that 70-90% of us feel stressed at work and outside of work. Examine your sources of stress and develop ways to manage and prevent it. **Call 694-3383 to register and for more information.**

Ombudsman Assembly Meeting/Training

(FFSC 6:30 - 8:30 p.m.)

Meetings/Trainings are open to all who are interested in the Ombudsman Program. **Oct: CDC/Deployment and Nov: Training schedule for 2003/Potluck.** For more information call 694-3040.



Military Family Recognition Week

November 24 - 30, 2002

*"Mission readiness begins at
home."*

*Thanks to all military
families for your commit-
ment, dedication and
personal sacrifices."*